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Table Talk

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"We can't help everyone, but everyone can help someone." -- Dr. Loretta Scott

The Juicy Truth

Are you a juice junkie? Do you serve juice several times during a typical week? Let's discuss the juicy truth behind fruit juice.

According to a policy statement issued by the American Academy of Pediatrics, drinking too much juice contributes to obesity, the development of cavities, diarrhea, and other gastrointestinal problems, such as excessive gas, bloating, and abdominal pain.

Children are the single largest group of juice consumers in the U.S. While fruit juice can be a healthy part of a child's diet, a number of scientific studies have shown that infants who drink too much juice may become malnourished as fruit juice often replaces breast milk or infant formula. A study of eight young

children with failure to thrive indicated that excessive amounts of fruit juice, providing 25-60% of daily energy intake, can displace nutrient-dense foods and interfere with optimal nutrition and growth. When fruit juice was limited to less than four ounces per day, growth improved.



There is no nutritional indication to serve juice to infants younger than 6 months. In fact, doing this can

result in reduced intake of protein, fat, vitamins, and minerals such as iron, calcium, and zinc. A 6-ounce glass of 100% fruit juice equals 1 fruit serving; however, they are NOT nutritional equivalents. Many fruit juices do not contain significant amounts of protein, fat, minerals, or vitamins other than vitamin C. Also, most juices lack the fiber of whole fruit.

So, how much juice should you serve? While the CACFP recommends you serve juice no more than two times per week, the American Academy of Pediatrics recommends that infants under 6 months not be served juice, that infants over 6 months and children 1 to 6 years have only 4-6 ounces per day, and children 7 to 18 years be limited to 8-12 ounces per day.

--American Academy of Pediatrics

Choosing a Wholesome Bread

White, wheat, or whole wheat? Is there really any difference? Let's take a look.

There are two big differences: the processing and the nutritional content. How does the processing differ? A wheat berry has three parts: the bran, the germ, and the endosperm. All three parts remain in whole wheat flour, supporting its high nutrition content. White and wheat flours, on the other hand, are milled only from the endosperm. Because these flours are missing the bran and germ, they are also missing several vitamins, minerals, and other healthful nutrients, thus needing to be enriched. During enrichment, these nutrients (well, most of them) are added back.

All enriched breads are creditable; however, few white or wheat breads pack in as much nutrition as whole grain varieties. Don't be fooled by color -- dark brown does not mean whole grain. The rich brown color may come from caramel coloring. Label reading is a must.

So, what should you look for on a label? If the product boasts, "made with whole grain," you must investigate further. These breads are mostly refined white flour with a touch of whole grain. Look directly at the ingredient list. The first word should be "whole." Also pay attention to the fiber content. Fiber helps fill kids up without filling them out. It also helps keep cholesterol and blood sugar levels low and reduces the risk for certain cancers later in life. One slice of whole wheat bread has about 2 grams of fiber; one slice of wheat or white has about 0.6 grams of fiber. (Daily fiber advice is: men, 30 to 38 grams; women, 21 to 25 grams, kids levels are figured as age plus five). If your selection meets these criteria, you've got yourself a winner.

For those of you trying to please those picky-eating, whole-wheat-hating kids, Wonder has just launched a new whole grain white bread on the market. Check your local grocery store.

Here are a few pointers to help you get the longest life out of your produce.

Once ripe, some fruits should be stored in bags in the refrigerator; others will spoil more quickly in bags due to moisture buildup and should be left uncovered out of the refrigerator.



Let breathe:

Apricots
Avocados
Bananas
Grapefruit
Kiwi
Lemons/limes
Mango
Nectarines
Oranges
Peaches
Pears
Plums

As for vegetables, all except eggplant, garlic, onions, and potatoes (keep in open container in cool, dry spot) should be stored in the refrigerator in a sealed plastic bag.

Activity: How much is enough?

According to the American Academy of Pediatrics, the average child watches about 3 hours of television each day. Even more alarming, the Kaiser Family Foundation reports that the average child spends 5 1/2 hours each day on all media combined.

It's no secret that today's children are less active than they were in past years. But, how much exercise do children really need? According to the 2005 Dietary Guidelines, all children 2 years and older should get 60 minutes of moderate to vigorous exercise on most, preferably all, days of the week. It is also important to remember that young children should not be inactive for prolonged periods of time -- no more than one hour unless they are sleeping. School-age children should not be inactive for periods longer than 2 hours.

How can you help? A recent study designed to identify factors associated with physical activity in young children found that the activity level in the child care center had a profound effect on the child's overall physical activity level. These findings support child care providers' role in promoting quality activity programs and providing space and time for young children to be active.

Here is an activity that helps develop eye/hand coordination, large muscle skills, and pre-reading skills. Have fun!

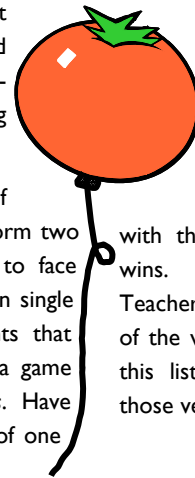
Divide the class in half and have the students form two equal lines. They are to face each other and line up in single file. Explain to students that they are going to play a game called *Balloon-Toss Veggies*. Have students stand in front of one

line. Tap the balloon high in the air to the first student in line. The student to whom the balloon is tapped must name a vegetable and tap the balloon to the first student in the other line. This student must then name another vegetable and tap the balloon back and forth from student to student. The balloon must remain in the air. Students cannot repeat the name of a vegetable

that has already been named. If a student incorrectly names or repeats the name of a vegetable, that student is eliminated and should sit down. The team

with the last student remaining wins.

Teachers may want to keep track of the vegetables named and use this list to develop lessons on those vegetables not mentioned.



Which has the most vitamin C?

- A) medium orange
- B) 1 cup steamed broccoli
- C) 1 cup raw red bell pepper
- D) 1 cup whole strawberries

All four are excellent sources of vitamin C; however, the red bell pepper wins with a whopping 283 mg. The broccoli takes second place with 116 mg, the strawberries come in next with 82 mg, and the orange follows with 80 mg.

Dining... Family Style

According to a study in the *University of California Wellness Letter*, children ages 3 to 5 ate 25 percent more food when served twice the standard lunch entree size than when served a normal portion. In addition, the children did not compensate by eating less of other foods served at the same meal. Researchers also reported that when the children served themselves (also known as *family style dining*), the amount they ate was closer to standard serving sizes.

In family style dining, foods are placed in bowls on the table and children are encouraged to serve themselves or serve themselves with the help of an adult. It presents an opportunity for children to learn table manners such as taking turns and sharing. Because the children have freedom in trying a new food, they are more encouraged to do so. Also, children are more in control of judging their hunger and fullness throughout the meal, knowing that more food is within easy reach.

The Child and Adult Care Food Program encourages family style dining. If your center chooses to adopt this type of dining, make sure you have a written procedure for your center's family style meal service and consult your management handbook for specifics.

Fifty % on Food?

According to CN memo #37-05, "as of October 1, 2005, all CACFP institutions are required to use a minimum of 50% of the CACFP reimbursement on food." This requirement is in no way intended to discourage bargain shopping, but instead encourage greater variety and higher quality menus. For those of you whose food costs do not currently exceed 50% of your CACFP reimbursement, here are a few menu review tips that will help increase your food costs.

\$... Are you repeatedly serving crackers and other white flour grains? These are inexpensive and of low nutritional value. Instead, choose whole grain crackers and breads. Not only do they provide more vitamins and fiber, the price tag reads a little higher.

\$... How many times are you serving juice? Juice is also a relatively inexpensive item and supplies little more than vitamin C.

\$... Do bananas, apples, carrots, oranges, and iceberg lettuce frequent your menus? These are usually the least expensive fruits and vegetables. Increase variety and increase your grocery bill. Some colorful choices include plums, cherries, blueberries, mangoes, asparagus, bell peppers, romaine, and radishes.

\$... Do you prefer fresh, frozen, or canned? While canned fruits and vegetables are popular due to their ease in storing and preparing, keep in mind that canned products are also the cheapest. They also supply more sodium and sugar than fresh or frozen varieties. Instead, consider loading the grocery cart with fresh produce. More greens in your cart = fewer greens in your wallet.



Compliance Concerns

HIGH SUGAR/HIGH FAT LIMIT

There may be no more than 2 high sugar items and no more than 2 high fat items served per week. High fat does not include high quality items such as cheese and peanut butter. Please refer to the CN memo #37-05 for a specific list of those items included as high sugar and high fat. If you have additional questions, please contact your assigned Specialist for further clarification.

FOOD SAFETY MANAGERS

As required by Maricopa, Coconino, and Yavapai counties, each site must have an onsite Food Safety Manager. One of the ways you may obtain this certification is by attending the Serving It Safe class and passing the exam. The cost of the class is \$25. Classes are offered at 2005 North Central Ave. in Phoenix on October 19-20, January 18-19, and March 28-29. You may register online.

www.ade.az.gov/health-safety/cnp/cacfp

ZERO HOUSEHOLD INCOME

When a household reports zero income, a sponsor may approve the application temporarily. The maximum time limit for temporary approval is 45 calendar days. At the end of this time, the sponsor should contact the household to determine if the circumstances have changed. If there have been no changes, the sponsor should document the contact and extend the temporary benefit approval.

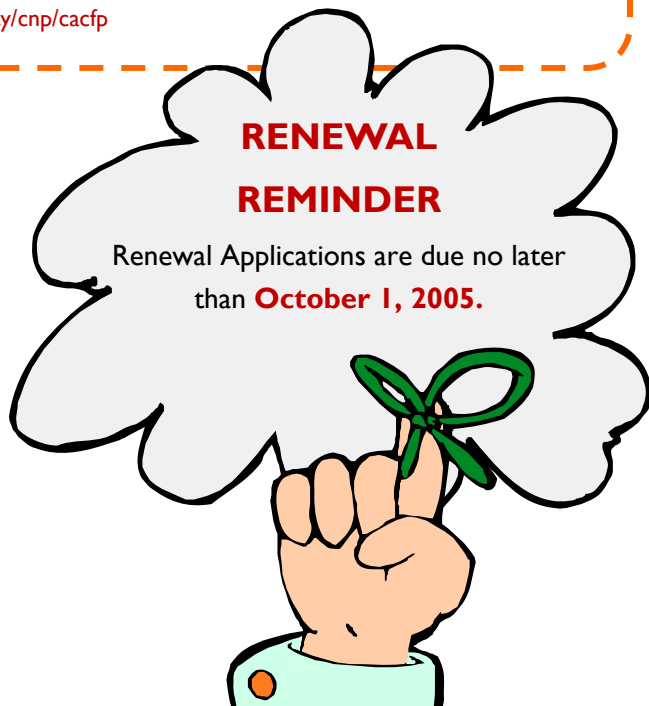


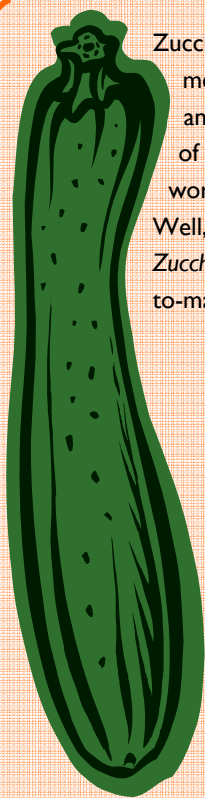
Safety Stuff

Each year 76 million Americans get sick and 5,000 die from food-related illnesses. Did you know that produce is one of the leading causes of foodborne illnesses? Why? It is mostly due to poor food rinsing practices. Do you rinse the rinds of all fruits and vegetables before cutting? You should -- even if you are not going to eat the rind. Cutting a contaminated rind drags germs into the edible portion. One such example is the cantaloupe. It has been linked to several outbreaks of salmonella and E. coli, which can cause diarrhea, severe abdominal cramps, and in some cases death. And remember this is just one example. All fruits and vegetables with rinds or peels can cause foodborne illnesses. Don't get paranoid. Just be certain that anyone who helps with the food preparation in your center follows proper germ-proofing procedures when handling fruits and vegetables.

RENEWAL REMINDER

Renewal Applications are due no later than **October 1, 2005.**





Zucchini, the best known of the summer squashes, is a member of the *Cucurbitaceae* family and a relative of both the melon and the cucumber. The entire vegetable, including its flesh, seeds and skin, is edible. Inhabitants of Central and South America have been eating zucchini for several thousand years, but the zucchini we know today is a variety of summer squash developed in Italy. The word *zucchini* comes from the Italian *zucchini*, meaning a small squash. The word *squash* comes from the Indian *skutasquash* meaning "green thing eaten green." How large can a zucchini grow? Well, the world's longest is a whopping 69 and a half inches! Interested in more recipe ideas? Check out *The Classic Zucchini Cookbook* by Nancy C. Ralston. This revised and updated edition of the classic is an extravaganza of 225 easy-to-make, through-the-menu recipes for zucchini and all kinds of squash.

One cup cooked zucchini provides 36 calories, 0g fat, 1.6g protein, 8g carbohydrate, 2.5g fiber, 0.7mg iron, 516IU vitamin A, 10mg vitamin C, 48mg calcium, 36mcg folate, and 0.15g omega 3 fatty acids.

Zucchini Quesadillas

4 Tbsp. olive oil	1 onion, coarsely chopped	3 garlic cloves, minced
2 med. zucchini (about 1 pound), halved lengthwise & sliced crosswise	1 cup frozen corn kernels (4 ounces)	4 (8-inch) flour tortillas
	2 cups grated jack or mozzarella cheese	Shredded lettuce, salsa

1. Preheat oven to 400°. In large skillet, heat 3 Tbsp oil over medium heat. Add onion and 1 teaspoon salt and cook until onion is soft, about 5 minutes. Stir in garlic and cook 1 minute more. **2.** Add zucchini and frozen corn; cook until tender, about 6 minutes and remove from heat. **3.** Brush one side of all tortillas with remaining one Tbsp oil. Lay tortillas, oiled side down, on baking sheet. Place half of the zucchini filling on each and sprinkle with half the cheese. Place remaining 2 tortillas on top, oiled sides up. Press down with spatula to seal. **4.** Bake until cheese has melted and tortillas are golden brown, turning once, about 10 minutes. Remove from oven and let cool. Slice into wedges and serve with lettuce and salsa.

The Child and Adult Care Food Program is available to all eligible children without regard to race, color disability, sex, or national origin. Any person who believes that he or she has been discriminated against in any USDA-related activity should contact the Secretary of Agriculture, Washington, D.C. 20250.



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